The local content of XM radio is a single channel with traffic and news. They run continuously, in an easy to understand format. This service is NOT provided by AM 630, 1500, 570 - the local stations I listen to for local things. They give, what in the Washington, DC area is vital information, the traffic at 10-minute intervals during rush hour, but often not during their syndicated programs. XM is the ONLY provider of this VITAL service that I can find. They won't build new freeways; at least let us have some timely, accurate, and worthwhile information.